

H1N1 (Swine Flu) What to Do:

If you have flu symptoms, stay home and call your health care provider.

Inform your supervisor of your symptoms – *Do not just say you are sick*. If you have gone to your health care provider, inform your supervisor if you have been diagnosed with H1N1.

Supervisors should inform Occupational Health (**301-677-8402**) of any employee who missed work due to flu-like symptoms. Supervisors should follow up with Occupational Health if employee has been diagnosed with H1N1.

If a member of your household has flu-like symptoms or is diagnosed with H1N1, CDC guidelines states that caregiver of person sick with H1N1 should wear a mask when they leave their home to keep from spreading flu to others.

An employee suffering from flu-like symptoms should be advised to contact their healthcare provider or come to occupational health for evaluation. It is up to the Civilian what they choose to do, but they will need a note for occupational health if they are seen by their health care provider.

If an employee is out of work for three days or more with flu symptoms, they must be cleared for duty by the Occupational Health Office.

For additional information:

Centers for Disease Control and Prevention (CDC)

TEL: 800-CDC-INFO (800-232-4636)

TTY: (888) 232-6348 24 Hours a Day

Email: cdcinfo@cdc.gov

Website: <http://www.cdc.gov/swineflu/>

Post Fort Meade specific questions to
meadepaoweb@conus.army.mil